

CLINICAL STUDY

VERIFIES

EXERCYCLE[®] Exerciser

leadership

**Scientific Research Study* shows
that the Exercycle exerciser:**

- ★ Is more effective than a stationary bike.
- ★ Improves aerobic power substantially in just six weeks.
- ★ Provides greater calorie burn up.
- ★ Caused no back or musculo-skeletal complaints.
- ★ Offers completely passive all-body toning.
- ★ Provides desirable all-body muscle and joint exercise and, at the same time, both upper and lower body aerobic conditioning.

Why waste your exercising time, benefiting only part of your body when you can exercise all of it with every short session?

The value of exercise is well known but few scientific studies have researched the respective benefits of specific fitness machines for the average consumer. A study based on highly trained athletes or young sports enthusiasts hardly applies to the average person interested in exercise.

To help guide the typical consumer, a clinical study was recently completed that involved a panel of untrained men and women ranging in age from 18 to 53. It was conducted at a leading college and hospital under the guidance of two highly qualified professionals: one a leading sports medicine doctor and past Chapter President of the American College of Sports Medicine and the other a Ph.D Professor of Physical Education. (FACSM)*



*Full Study Report available on request.

SPECIFIC RESEARCH FINDINGS INCLUDE:

- ★ Training on the Exercycle exerciser allows significantly greater development of one's aerobic power potential than training on a stationary bike.
- ★ After only six weeks of moderate training on the Exercycle exerciser the group of untrained men improved their aerobic power (oxygen consumption) by 17%.
- ★ Exercise on the Exercycle exerciser can achieve a significantly greater calorie burn up than exercise on a stationary bike.
- ★ Users can achieve calorie burn with less cardiac work on the Exercycle than on a stationary bike.
- ★ Throughout more than 400 exercise sessions on the Exercycle exerciser involving the entire untrained research panel, there was not a single low back or musculo-skeletal complaint.

Additional reasons why hundreds of thousands of fitness conscious people have chosen the Exercycle exerciser.

- ★ It is the only fitness machine that provides both UPPER and LOWER body Aerobic conditioning, and, at the same time, toning for all major muscle groups and joint systems.
- ★ It provides real all body conditioning with non-boring exercise variety.
- ★ It offers completely passive (without exertion) all body motion to meet muscle/joint toning and medical rehab objectives.
- ★ It offers unlimited automatically-adjusting exertion resistance to match the aerobic development goals of exercising beginners or highly trained professional athletes.
- ★ It exercises all the major muscles that are used in jogging, walking, cycling, rowing, swimming, sit ups, pull ups and push ups.
- ★ It offers the exercise benefits of a treadmill, a stationary bike, a rowing machine, a stair climber and a XC Ski Simulator.

No other exercise machine can provide so much fitness benefit in so little time.

EXERCYCLE® Exerciser

provides a lifetime of easy-to-achieve fitness benefits for the individual and for the family.

Registered by the U.S. FDA

Approved by:

**Underwriters Laboratories
Canadian Standards Assoc.**

CONTACT YOUR LOCAL DEALER

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